



CUF Links

The Monthly Newsletter of the Carbondale Unitarian Fellowship
A Welcoming Congregation

- a member congregation of the Unitarian Universalist association -

November 2009

SUNDAY SERVICES

held in the Fellowship Hall at 10:30 a.m.

11/1 "Next Generation Community"

How can new technologies change the way that we form and strengthen community within our Fellowship? How can they help us encourage more people to connect with our Fellowship and our larger UU movement? In response to these questions, members of our Communications Planning Group will sketch a vision developed from our comments over the summer, with an open conversation afterwards. Bill Sasso will coordinate this service.

11/8 Bill Sasso: "An Environmental Perspective on War and Peace"

At the intersection of our Peacemaking Statement of Conscience and our Green Sanctuary initiative, we will consider the interaction of war and armed conflict on the environment. Chicago-based guest musicians "February Sky" will chime in with their music that touches on these themes, as well!

11/15 Bill Sasso: "What 'Spirituality' Means to Me"

It's the mystery of that "spirituality" word – what does it mean to you? What can we express in words about experiences that some would claim transcend words? What makes something a "spiritual practice" as opposed to a regular human behavior? Join Bill as he shares and examines some clues that might help us understand something that is, by its nature, mysterious!

11/22 Thanksgiving Bread Service (intergenerational)

This annual Fellowship tradition continues, as our children join us for our pre-Thanksgiving Sunday service. Come and be part of the celebration, as we share bread that has some form of special meaning to us in the spirit of the Thanksgiving holiday. Bill Sasso will coordinate this service, and if you would like to volunteer to bring bread, please contact Astrid Mosely. There will be no live announcements in the service – please make sure to get your info to Russ Trimble so it can be printed in the order of service!

11/29 Rob and Karen Gallegly: "Everyday Aikido in a Unitarian's Life"

How can a physical martial art transcend from physical to philosophical? Can something that is viewed as physically violent actually be the physical embodiment of peace and harmony? Experienced practitioners Karen and Rob Gallegly will share from their experiences as they "grapple" with these questions!

And coming up . . .

12/6 "Standing on the Side of Love"

OPEN MINDS

meets at 8:45 AM in the Commons each Sunday

- November 1 "This is Who I Am and This is What I Believe" Series (TBA)
- November 8 "Tamms Prison Art Project: Mentoring Inmate Artists" - Larry Bernstein
- November 15 DVD - "Music, Comedy, and Hard Times of the 1920's 30's 40's" - Bob Lembcke
- November 22 Conversation: This Thanksgiving I Am Thankful for...
- November 29 "Eyes Wired Open Investigative Video Series" Bob Camp
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THE MINISTER'S MESSAGE

Toward a Stronger Unitarian Universalism

On Sunday, October 18th, we celebrated "Association Sunday," an opportunity to consider how we as individual UUs can strengthen our religious movement. In case you weren't able to be present, I'm revisiting here the requests I asked each of you to consider as members of our Fellowship.



As individuals, we want to grow. I believe that each one of us, as an individual, wants to become someone deeper, wiser, more capable, more generous and giving than we are today. As a congregation, we aspire to grow. We hope to have a greater impact on our members, to form stronger identities within our children, and to transform the world around us. As an association of congregations, those same hopes and yearnings are present, and the 21st century – with all its discontinuities, complexities, and opportunities – calls us forward. Individually and collectively, we want to be better than we are today, and we become better together.

I want to support the growth of our UU movement, because I know that our values and principles have enriched and deepened my own life, and because I believe they can do so for many, many more lives than they have reached to date. As more of us change, the possibilities for a world of

justice, peace, and sustainability increase. So, as a member of this congregation, I ask you to do one of three things. One of the three will be fine. Doing two of them would be even better; doing all three would be great!

The first option is to identify someone whom you think would appreciate the values we share, the opportunities we offer, the community we create and nurture, and the work we attempt, both within and beyond these walls. I want you to think of some individual, and extend a sincere, personal invitation to that person, couple, or family. Encourage them to come with you some Sunday morning between now and next April (that gives you six months).

The second option is to join the "Chalice Lighters" program. [1] This is a program, administered out of our district office in Chicago, in which individual UUs, folks like you and me, help UU congregations in this region implement their growth initiatives. Three times a year, the Chalice Lighters group evaluates applications submitted by congregations, and selects one to receive funding. Here in Carbondale, we have received three Chalice Lighters grants: in 1999, to help add a full-time minister; in 2004, to assist with our new building expenses; and in 2006, to help support the new congregations in Cape Girardeau and Mt. Vernon. When the "call notice" arrives, each Chalice Lighter is expected to send in a contribution to help, with \$10 per call as the

suggested base contribution. Larger contributions are certainly welcome!

The third option is to make a donation in support of Association Sunday, helping the UUA work for the growth of our movement at the national level. Some of you may have seen the full-page, color ads that ran in Time magazine last year; those are one example of what the UUA can undertake at the national level in terms of promoting our visibility. And our new UUA President, Peter

Morales, is committed to increasing our impact, our visibility, and our diversity as well as our numbers.

I ask you to work with me to strengthen our Unitarian Universalist movement! I hope you'll accept my invitations!

Yours in the spirit of growth,

Bill Sasso

FROM THE RELIGIOUS EDUCATION DIRECTOR

I appreciate the nice comments I received about my column last month, about the work of the Rainbow Café. The Rainbow Café is but one of many social action endeavors that folks from the Carbondale Unitarian Fellowship strive to



support. The Carbondale Church Women United, The Good Samaritan Ministries, and The Women's Center, are just a few of the other causes supported by members of this Fellowship. After all, it is part of the Fellowship's mission statement that we provide a liberal religious presence in southern Illinois, and doing good works is certainly carrying out that mission.

But what about a little closer to home, as in what ways are we taking care of our own house, so to speak? I'm talking about the work of our committees. Are you a member of a committee or two, or three? In my opinion, we are the product of the work of our committees.

I know I am certainly grateful to be able to serve in my capacity as Director of Religious Education, and we all benefit from the wide-reaching work of Reverend Bill Sasso. We also benefit from the continuity of Melanie's presence in the office, as well as the familiar faces of Kelly, Nicole and Dani in the nursery. But there is a limit to how much Bill, Melanie, or me, can get done with our time. This Fellowship has always depended on the work

of its committees in order to successfully, and continuously, preserve our liberal religious presence for those looking for what we offer.

Since I have a special fondness for the Religious Education Committee, I encourage any of you to come meet us, find out what we do, and if it's a fit, join us. The same encouragement awaits you from any of the many other committees.

I suspect that there are a wide range of reasons our members have joined this Fellowship. But one of the by-products of buying in, and joining a committee, is the friendships you'll make. You are certainly going to get to know your fellow members much better serving on a committee, than you will during the 10 or 15 minutes we chat during coffee after a service.

One of my friends (a member here) recalled a comment one of the parents at her child's school made. This particular parent was trying to decide whether to spend Sunday at her church, or with her friends. My friend said, wow, I never have to make that decision, because my friends are at the Fellowship.

I predict that by joining a committee (or another committee), you will fill a need, be productive, make some friends, smile more, have the hair you did when you were 20, and lose some weight (OK, I'm kidding about the hair and weight). And before you know it, you also won't ever be faced with the

question of going to church, or seeing your friends.

Sincerely, Roy Sumner

PRESIDENT'S COLUMN

Dear Members and Friends,

A quick trivia question: do you remember the final scene from the first Indiana Jones movie—Raiders of the Lost Ark? Considered to be “one of the most consummately entertaining adventure pictures of all time,” this 1981 Steven Spielberg production ends with the ark boxed up and stored away among millions of other crates in a gigantic government warehouse somewhere. All those crates remind me these days of our living room—lots and lots of boxes piled up (with more on the way). But unlike the movie, all these boxes are packed with books, clothes, shoes, medical supplies, nightgowns, and much more—all bound for Ranchod Hospice and Orphan Day Care in Kabwe, Zambia. These much-needed supplies would not be getting shipped without the time, energy, and resources of so many caring volunteers within CUF and elsewhere. I'm most familiar with this project, not just because I trip over the boxes on a regular basis, but because my wife Carla coordinates the enterprise. But what is so remarkable is that this is just one of many social action projects locally, regionally and beyond that are ongoing at the Fellowship. Whereas social action is critical, it is just one of the numerous programs and activities occurring at CUF on a daily basis. But none of these projects

happen without involved and committed people. So if you

want to get more involved in these worthwhile activities, please contact any of chairs of the various programs (check out the website: www.cuuf.net). Your help is essential.

As we know, nothing happens without the commitment of all of us, and as a result CUF is an ever-changing, dynamic, and constantly evolving entity. As part of this process, over the past several months, two major planning groups have been exploring potential new directions in how the Fellowship can better function in internal and external Communications, as well as issues related to Building and Grounds. The Board of Directors will review the reports of both these groups, and bring a list of recommended priorities in each area to the congregation for approval at the next congregational meeting. Our next congregational meeting is scheduled following the service on Sunday, 13 December. Official notification of this meeting will come out in late November but I wanted to take this opportunity to encourage you to please get the date on your calendar and plan to attend. We value your input.

Enjoy the beautiful autumn colors!

George Feldhamer, President

CUF MONTHLY MEETINGS and ANNOUNCEMENTS

VOLUNTEERS NEEDED to help set up and clean up for the Saturday 11/7 dinner and folk music coffeehouse "Celebrating Peace and Mother Earth." Set-up folks will need to help from 4 pm to 5 pm; clean-up crew from about 10 pm till things are clean! If you can help, please contact Bill Sasso at bsasso@juno.com or 618-529-2439. Thanks!

THE SOUTHERN ILLINOIS CHRISTMAS NATIVITY EXHIBIT, sponsored by The Church of Jesus Christ of Latter-day Saints, will be held on December 4-6, 2009. Loans of nativity scenes are invited, and all are

welcome to visit and view the many scenes. For more info, visit christmasnativityexhibit.com or call Jana Brown at 618-684-8587.

THE RECOMMENDATIONS OF THE COMMUNICATIONS PLANNING GROUP have been presented to the Fellowship board and received the Board's endorsement in principle. You can view the detailed report at <http://www.cuuf.net/organization/ComComRpt.html> or pick up a hard copy at the Fellowship in the sermon racks.

SUICIDE GRIEF SUPPORT GROUP: *This group meets the second Tuesday of each month at the Fellowship, at 7:30 pm.* Judy Ashby, MS, LCPC, facilitator. This group, serving those who have lost a loved one to suicide, is open to parents, children, spouses, partners, siblings, grandparents, relatives, friends, co-workers, and others. This supportive experience will offer safe and understanding conversation about loss and healing as participants open their hearts to grief and growth. **Meets next on Tues., Nov. 10th.** For more information, contact Bill Sasso at 529-2439 or bsasso@juno.com.

MINDFULNESS MEDITATION *This group meets every Saturday in the Fellowship Commons from 1:00 to 2:30 p.m.* If there are other activities scheduled in the Commons, we meet in the RE area. For more information, contact Joy Price at joyfully2356@yahoo.com or 618-457-2405.

BUDDHISM STUDY & PRACTICE GROUP *This group meets on the first and third Sundays in the Fellowship Commons at 7:30 PM.* For more info: www.shawnee-dharma.org or Judy Carter at 529-3110.
Nov. 1 - Meditation, Chanting, Study, Discussion in a free flowing format. Everyone welcome.
Nov. 8 - (ditto above)

THE DREAM WORKSHOP. *This group meets the first Sunday of each month in 06 (RE wing) at 12:00.*
Meets next on Nov. 1.

HUMANIST ROUND TABLE. *This group meets on the second and fourth Wednesday of each month in the Fellowship Commons at 2:00 PM.* **Meets next on Nov. 11 and Nov. 25.** Contact Bob Camp at terrinia@verizon.net and David Christensen, davechris@mchsi.com for more information.

PSI SYMPOSIUM. *This group meets the second Sunday of the Month in Room 06 at Noon.* **Meets next on Nov. 8th at noon.** Please bring a dish to share. The program starts at 12:30pm. For more info, contact Mary Campbell at 521-0851 or mspurlle1999@yahoo.com.

ROUNDTABLE READERS. *This group meets on the fourth Sunday of the month in Room 05 after the Sunday Service at Noon.* **Meets next on Nov. 22.** Round Table Readers will meet on Sunday, November 22. The book selection is *The White Tiger*, a novel set in India by Aravind Adiga, which won the Mann Booker prize. It is available in paperback and through the Silnet public library system. For more info, contact Janet Levie at jlevie@onemain.com.

SCIENCE IN SOCIETY. *This group meets some Fridays of the Month in the Fellowship Commons at 5:00 PM.* Contact Gina Paul at rpaul@siumed.edu or 351-1064 if you have questions.

VIDEO CIRCLE *This group meets on the third Friday of each month in the Fellowship Commons at 7:15 PM.* **Meets next on Nov. 20th.** Free Movie, Free Popcorn and Free Drinks!! Please plan to join us. Contact Amy Weber at amyweber1@msn.com with questions.

UNITARIAN FOLK ORCHESTRA practices at 10:00 a.m. Saturdays, at the Fellowship. For info contact Charles Maxwell at cmaxwell@siu.edu.

CELEBRATING PEACE AND MOTHER EARTH - an evening of music featuring two wonderful acoustic folk groups, *February Sky* and *Parsley & Sagebrush Band*, will take place on Saturday evening, November 7th at the Fellowship. From 5:30 to 7 pm, a Salad and Pasta Dinner will be served. From 7 to 9:30 pm, the bands will play music celebrating Peace and Mother Earth. Suggested Donation is \$10 per adult (age 12 and over). November 6th is the **International Day for Preventing Exploitation of the Environment in War and Armed Conflict**. We'll be a day late, but we'll celebrate our ongoing commitment to care for Mother Earth and to celebrate the benefits of peace for her and her children in this evening together! Proceeds from this event will go to the Green Earth Conservancy, which preserves six natural areas in the area for public access and appreciation. **February Sky**, based in Chicago, is traditional singer and Celtic guitarist Phil Cooper with songwriter and singer Susan Urban. Phil sings and plays his own arrangements of traditional songs and tunes on six string guitar and cittern, and he also interprets a number of carefully chosen songs from the best of modern Folk song writers, as well as backing Susan up on her songs. Susan Urban is a writer of story songs and humorous "slice of life" songs. She accompanies her songs, plus Phil's songs and tunes, on six and 12-string guitar, six string banjo, mountain dulcimer, and hand percussion instruments. Based in Carbondale, **the Parsley & Sagebrush Band** includes "Parsley" (Candy Davis) who is "green and environmental," and "Sagebrush" (Joel G. Aud) who describes himself as "a little bit cowboy." In 2003 they began as a duo, and have over the years added Jennifer Aud on flute, Thomas Leverett on fiddle and banjo, and Kevin Roth on drums to generate a unique combination of folkgrass and country rock, sweetened with flute and twanged up with banjo, fiddle, harmonica, and vocals! Parsley & Sagebrush specialize in folksongs that meld Celtic and classical harmonies with folk (and a pinch of country) to sing about history and nature, politics, and friendship. The evening's dinner will be prepared by the Unitarian Fellowship's "Feed My Sheep" team. On a monthly basis, this group prepares meals for "Feed My Sheep," a free lunch program operated by Carbondale's Bethel AME Church. For more information, call 618-529-2439 or email bsasso@juno.com.

GETTING TO KNOW YOUR FELLOW CUF MEMBERS ...

One of our newest members (August, 2009) is Maggie Dorsey... Maggie was born (and grew up) in Harrisburg, IL. She has also lived in Champaign, IL, but has now been back in the Southern Illinois area for about 14 years, when she came back to be nearer to her parents and other family members in Harrisburg. Maggie attended SIU, where she studied University Studies, putting herself through school. She worked as a cosmetologist for the ten years, but currently works at the SIU Credit Union. Maggie loves the outdoors, and enjoys camping and hiking. She also likes to crochet. Maggie is married to John Dorsey. He works as a sub-Foreman for SIU Building Services. They have two children, Abby, 3 yrs. Old, and Andy, who is 1 year old. Their pets include Sadie, a Labrador mix, and Wolfie the cat. Maggie attended the Methodist church when she was younger, as well as a meditation Group; however, when her children were born, she and John began searching in earnest for a place where they could attend church as a family and feel comfortable. Maggie says that she has a UU aunt in Springfield, and a UU sister in North Carolina, which led them to begin attending CUF about three years ago. Maggie says that when they began coming to CUF, it was "everything she never knew she was looking for – I never realized I was missing this (type of church community) in my life". We are so glad that you and your family are a part of CUF!



Our very newest members: Holly Coleman and Nick Eastman, 410 N. Beadle Dr., Apt. 4, Carbondale, and also Carrie and Christopher Vine, 78 Wood Rd., Carbondale. The Vines also have two children, Corydon, Connor and Callandra! Welcome to all!

10 Things that you might not know about Melanie Bray – our office assistant!

Melanie:

1. Was raised in Franklin, Ohio
2. Joined the Army at 18 years old as a medic
3. Served in Germany and traveled Europe
4. Has lived in North Carolina and Louisiana
5. Owned and operated Coffee Corner in Carbondale (gourmet coffee drive thru)
6. Has a BS and MS in Speech Communications from SIU
7. Went to grad school with Ed Phillips
8. Rides a Harley Davidson motorcycle with her boyfriend
9. Has walked the campus lake Monday- Friday mornings for 16 years with same exercise partner (and her dogs!)
10. Has worked as CUF's office assistant for more than 2 years!

**Please keep on sharing ten (– or even five!) things
about yourself with your fellow members!**

It's fun to keep getting to each other better!

Send yours to the editor at cherrob1@msn.com

Dispatch from Arabia

Part Three

by Joseph Robbie

The country of Saudi Arabia recently celebrated its National Day, like our 4th of July. It's 83 years old. That's all. King Abdul Aziz Ibn Saud founded this third Saudi state and was anointed king in 1926, and the Saudi Royal Family has ruled ever since. It's a real monarchy, unlike England or Thailand. What the King says, goes. For example, when the current King Abdullah Ibn Saud ascended the throne, he immediately decreed that the already low gasoline prices be cut in half, and gave the whole country a day off from work with pay. He's very popular.

Although so young as a nation, Saudi Arabia enjoys wealth from its oil, discovered in 1938, and importance from its historical role in the Islamic religion. The Prophet Mohammad, may peace be upon him, founded this influential belief system in the regions of Makkah (Mecca) and Medina, the two most holy places in Islam. Every Muslim in the world must make at least one pilgrimage to Makkah, Saudi Arabia, in his lifetime, health and finances permitting.

Most of the country is uninhabited. It's just too darn hot and dry. Some claim that it's the hottest country in the world. I'll buy that. Less than two percent of the kingdom's total area is arable land.

15 of the 19 suspected 9/11 hijackers were Saudi. Yet the nation remains an American ally, due to a complex 'special relationship'. Frankly, if it weren't for the massive and unconditional U.S. support for Israel in terms of financial, political and military assistance, Arabs and other Muslims around the world would have little reason to hate Americans.

Modern day living here in the "Magic Kingdom" is much better than it was when I first worked a stint here in 1988/1989. There are wide, well-maintained streets and highways. Most of the basic infrastructure is sound.

It's still one of the most conservative and restrictive cultures in the world, but it's lightened up a bit. The life of an expat like me has its ups and downs. More on that next month.

To be continued...

CUF LINKS HARD COPIES are available at the Fellowship on the visitor table.
Deadline for October CUF Links: Sun., November 22. Please honor this deadline.
Send your articles to Cheryl Robinson at cherrob1@msn.com or to Melanie Bray at cufvolunteers@verizon.net on or before Nov. 22. Thanks! – Cheryl Robinson, Editor

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The Rev. William Sasso, Minister

An inspirational thought:

*Namaste: I honor the place in you in which the entire Universe dwells
That place of Love and Light, of Truth and of Peace
When you are in that place in you, and I am in that place in me
We are One*